

LYNN COUNCIL ON AGING SENIOR CENTER



**April
2016**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Ahhh! April! Spring is upon us. What a warm winter...go ahead and say it... About time! Opening Day of Fenway Park is just around the corner. I get accused of being a bias Sox only fan. Make no bones about it, I am a New Englander and support all our teams. However, it's true! The Red Sox go right to the top of the list. Coupled with the warmer weather, the nostalgic park, the roller coaster history and the core dedication of a fan, you can't compare; maybe you can relate but you can't compare. This year, the Lynn Senior Center partnered with the Jimmy Fund to "Rally Against Cancer". We're excited about this campaign and believe it's a great cause. I understand that everyone somehow has been affected by cancer and quite frankly after visiting the Dana Farber Institute, it's just not fair to the children. Please know the money raised through the Rally helps make the patient experience just a little easier, and allows future discoveries to revolutionize cancer treatments around the world. \$.86 of each dollar goes directly to Dana Farber! Here are just a few ways your gift could help make a difference at Dana-Farber: Your money: A gift of \$5 could provide transportation assistance, such as subsidized parking and taxi vouchers, to give patients better access to care. A gift of \$25 could fund the Jimmy Fund Clinic's toy closet and treasure chest, giving Dana-Farber's youngest patients a welcome distraction throughout treatment. A gift of \$35 could provide patients with personalized consultation services, such as wig fittings, to help patients feel better about themselves during their treatment. A gift of \$50 could help support more than 650 clinical trials taking place every day in Dana-Farber's relentless pursuit to conquer cancer. A gift of \$100 could help our Mammography Van reach more communities, giving women access to lifesaving breast cancer screenings and education. - See more at:

<http://www.rallyforthejimmyfund.org/lynnseniorcenter>

If you would like to support our campaign, stop in and donate. See Mayra for details. We will be collecting through April 11th to be entered into the contest for prizes and then throughout 2016 for next year's rally. Join us on Monday, April 11th for pregame festivities.

1pm pre game

2:05 pm vs. Baltimore Orioles

Hot Dogs, prizes, and more!

From Your Mayor

As the days become longer and warmer, I hope you are enjoying this transition to spring. We certainly were fortunate to have a milder winter this year, but it is refreshing nonetheless to see lawns turning green and flowers starting to bloom.

We have a busy month ahead, particularly at the Lynn Auditorium, starting with HippieFest on April 3. Brit Floyd will perform on April 7 and Johnny Mathis will perform on April 8, as part of his 60th anniversary concert tour. We are so excited such a legendary performer has chosen our city among his stops. Also this month, Ricardo Montaner will entertain on April 10, America will perform on April 14 and Johnny Rivers will take the stage on April 16. Closing out the month will be a performance of "In the Mood," a 1940's musical revue that I hope many of you might enjoy. For tickets or more information, please visit www.lynnauditorium.com or call the box office at 781-581-2971.

I encourage you to also visit the Lynn Museum's exhibition, "From Sea to Sky: Outfitting for Travel," on view through Aug. 27. It takes a look at the turn of the twentieth century, when the streets of Lynn were bustling with cars, trains and trolley cars and the skies were dotted with hot air balloons and planes taking off from our beaches. This exhibit puts a twist on travel and transportation by playfully looking at the clothing, luggage, tools, art and souvenirs those travelers utilized and collected. The museum will also be unveiling a new exhibit this spring that features prominent craftspeople and industries that got their start in Lynn.

As proud as we are of our city's origins, we are just as delighted looking ahead to its future. Last month, we were honored to host the U.S. House Small Business Committee field hearing at City Hall, which was just one of five hearings scheduled across the country. There are so many small businesses thriving in this city and, with any hope, this hearing was the precursor to even more economic development.


I wish you well in the coming months. Happy Spring!

Mayor Judith Flanagan Kennedy

Spring

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Activities Assistant ext. 625
Pam Brito
Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
Wednesday
monthly at
11:30 a.m.

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Vice President
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Next FRIENDS
Meeting,
Apr. 25th* @ 10am

FRIENDS MEETINGS

APRIL 25th* May 26th

June 30th

10 am - First Floor

Board Room

*date change due to Volunteer
Luncheon



*Marie Babineau for your
generous donation to
the FRIENDS!*

APRIL HAPPENINGS



Tues, April 5th	Birthday Party Karaoke!	11:30 am – 1:00 pm
Thurs, April 7th	Veterans Coffee Hour with Tom Moran	1:00 pm – 2:00 pm
	Resource Library	
Thurs, April 7th	<u>Lunch trip:</u> Seaport Grille, Gloucester	10:30 am – 2:30pm
	\$2 (lobster rolls \$12.99)	
Thurs, April 7th	Podiatry Appointments	10 am – 12 pm
Mon, April 11th	Fenway Park Opening Day Celebration 2016	
	50/50 Raffle \$1 chance or 6 for \$5 proceeds go to the Jimmy Fund	12 noon
	Pre- game Hot Dogs, soda, chips \$2	1 pm
	Game time Red Sox vs. Baltimore Orioles	2:05 pm
Tues, April 12th	Blood Sugar <u>AND</u> Blood Pressure Clinic	8 am – 9:30 am
	Lg Activity Room	
Tues, April 12th	Senior Medicare Patrol Free Seminar	9:30 am
	Game Room “Preventing Fraud & Medical Identity Theft”	
Thurs, April 14th	<u>Ice Cream Social!</u> Friends of LCOA \$.25	1pm
Fri, April 15 th	BROWN BAG Program	10 am – 12pm
	sponsored by the BOSTON FOOD BANK	
Mon, April 18th	<u>Field Trip:</u> MBTA Sr ID –	9:30 am – 2:30 pm
	Downtown Boston Lunch @Wendy's \$2	
Tues, April 19th	Foxwoods Casino Trip \$28	6:30 am – 6:30pm
	(pre-paid reservation required)	
	****PLEASE NOTE 6:30 AM departure not 7 am****	
Weds, April 20th	Free Presentation: Hygiene	9:30 am
	brought to you by NSCC OT students	
Weds, April 20th	Mass Senior Action Meeting Wall Plaza	10 am
Thurs, April 21st	<u>Field Trip:</u> Square Row Outlet Shopping \$2	9:30 am – 2:30pm
Mon, April 25th	Friends of the Lynn Council on Aging meeting	10 am
Tues, April 26 th	<u>Lunch trip:</u> Cracker Barrel, Tewksbury \$2	10 am – 2pm
Weds, April 27th	Lynn Council on Aging Board of Directors Meeting	11:30 am

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APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.		MENU SUBJECT TO CHANGE WITHOUT NOTICE	¹ Chicken picatta(558)* Pasta(11) Peas(3) Calories-800 Sodium-810 ALTERNATIVE Tortellini/ sauce(362) Calories-600 Sodium-604
⁴ Roast turkey Florentine(641) Crispy potatoes(14)Broccoli(9) Calories-800 Sodium-1154 ALTERNATIVE Eggplant parm/ sauce(709)* WW pasta(2) Calories-739 Sodium-1210**	⁵ Meatballs/ sauce/pasta(313) Salad/dressing(50) Calories-650 Sodium-700 ALTERNATIVE Tilapia/tomatilla salsa(184) Cilantro lime rice(30) Calories-675 Sodium-582	⁶ Roast pork/gravy(210) Mashed sweet potato(55) Calories-823 Sodium-844 ALTERNATIVE Egg salad sandwich(440) 4-bean salad(210) Calories-680 Sodium-890	⁷ Chicken cacciatore(529)* Pasta(2) Salad/dressing(50) Calories-660 Sodium-650 ALTERNATIVE Stewed beef/rice(140) Salad/dressing(50) Calories-700 Sodium-500	⁸ Salmon/dill sauce(260) Yellow rice(6) Calories-689 Sodium-595 ALTERNATIVE Rigatoni/sauce(398) Green beans(4) Calories-740 Sodium-726
¹¹ <u>SPECIAL</u> Beef hot dog/bun(705)* Baked beans(140) Mixed vegetables(40) Fruit cocktail(10) Calories-675 Sodium-1170	¹² Shepherd's pie(170) Salad/dressing(50) Calories-(775) Sodium(540) ALTERNATIVE Creole fish(174),potato(198) Calories-650 Sodium-720	¹³ Tortellini/ meat sauce(200) California blend veg(23) Calories-(600) Sodium-(620) ALTERNATIVE Chicken with rice(128) Calories-665 Sodium-560	¹⁴ Lemon pepper pork(255) Rice/beans(60)Salad(50) Calories-742 Sodium-990 ALTERNATIVE Caribbean beef(450),salad (50) Calories- 783 Sodium-1150	¹⁵ Rosemary chicken(349) Red potatoes(9) Calories- 640 Sodium-695 ALTERNATIVE WG Cheese pizza(620)* Calories-650 Sodium-957
¹⁸ HOLIDAY NO MEAL SERVICE	¹⁹ Hamburger/roll/ketchup(470) Potato wedges(27) Salad (50) Calories-787 Sodium-915 ALTERNATIVE Latin pork(64),salad(50) Calories-800 Sodium-675	²⁰ Turkey/mushroom sauce-528 Mashed potatoes(198) Calories-672 Sodium-995 ALTERNATIVE Brazilian salmon(260) Calories-687 Sodium-917	²¹ WG baked pasta/sauce(398) Salad/dressing(50) Calories-705 Sodium-953 ALTERNATIVE Turkey creole(570)* Calories-600 Sodium-982	²² BBq pulled pork(407) Rice and beans(48) Calories- 698 Sodium-832 ALTERNATIVE Chicken stew(255) Calories-728 Sodium-630
²⁵ Chicken/broccoli alfredo(290) Pasta(2) Calories-721 Sodium-647 ALTERNATIVE Eggplant parm/sauce(709)* WW pasta(2) Broccoli(9) Calories-675 Sodium-1078	²⁶ Baked haddock(184) Rice/chickpeas(54),salad(50) Calories-680 Sodium-510 ALTERNATIVE Beef chili/rice(340) Salad/dressing(50) Calories-714 Sodium-583	²⁷ American chop suey(185) Mixed vegetables(40) Calories-738 Sodium-684 ALTERNATIVE Cumin roasted pork(255) Plantains(16) Calories-800 Sodium-765	²⁸ Meatloaf/brown gravy(278) Mashed potatoes(198) Salad50 Calories-720 Sodium-1129 ALTERNATIVE Dominican turkey(522)* Mashed potatoes(198) Calories-650 Sodium-1300**	²⁹ Stuffed shells/sauce(480) Green beans(4) Calories-630 Sodium-945 ALTERNATIVE Braised chicken(290) Rice and beans(48) Calories-730 Sodium-802

SENIOR CENTER ACTIVITIES • APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:30-2:30 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	1:00 FREE ZUMBA CLASS	1:00-2:45 BINGO
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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ADAPTIVE UNITS

CASINO TRIPS

Departs from Lynn Senior Center

Foxwoods \$28

6:30 am - 6:30 pm

Tuesdays: April 19th, May 24th
Aug 16th, Oct 18th,
Nov 15th

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

Bonus package: \$10 food coupon for retail food vendors or free buffet

Plus \$10 bonus slot play added to your rewards card on the bus before entering casino.

Remember to bring your rewards card!

****PLEASE NOTE EARLIER DEPARTURE TIME IS AN ATTEMPT TO BEAT BOSTON TRAFFIC****

**Tanger Outlets at Foxwoods
Now Open!!**

Plainridge \$10

8:30 am - 5:30 pm

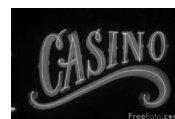
Tuesday: July 19th
Wednesday: Sept 21st

\$10 Free slot play and if you're a new rewards member, you receive a U-Spin for a chance to win \$5 - \$500.

Limited seating

Pre-paid reservation required.

Buses leaves Lynn Senior Center promptly at 8:30 am and leaves casino promptly at 4pm. Book your rides home for 5:30 pm.



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

April 6 th	The Winning Season	2004 PG	91 min
April 13 th	Fever Pitch	2005 PG-13	103 min
April 20 th	Pan	2015 PG	111 min
April 27 th	Max	2015 PG	111 min



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



Like us on Facebook!

WWW.FACEBOOK.Com/LYNNSENIORCENTER

Tired of waiting for the mail?

Monthly newsletters are posted online at
www.ci.lynn.ma.us



Click City Hall
Click City Departments
Click Council on Aging
Click Our Newsletters
Click month you want to view

NEW!

Benefit Help

Safelink/Assurance Cell phone Assistance Office Hours

Mondays 12:30 pm – 1:30 pm
Resource Library

Food Stamp/SNAP Assistance Office Hours

Tuesdays 12:30 pm – 2:30 pm
Resource Library

De-Stressing Power!

De-Stressing Power!

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Coloring activates two different areas of our two cerebral hemispheres. The actions involve both logic, by which we color forms, and creativity, when mixing and matching colors. This incorporates the areas of the cerebral cortex involved in vision and fine motor skills. The relaxation that it provides lowers the activity of the amygdale, a basic part of our brain that is affected by stress.

Starting April 6th, free prints or Mandalas to color available.
Pencil crayons will be available for group coloring – Weds 9:30 am – Large Activity Room

Try it out. Take it or leave it. Start up a theme session if you like...
examples: Flowers for May - Butterflies for June - Fireworks for July

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Place Your Ad

Wellness Watch April 2016

Approximately 17.6 million people in the United States suffer from alcohol abuse, and there are millions more who participate in risky drinking patterns that could eventually lead to alcoholism. An addiction to alcohol is a disease that affects all aspects of a person's life. The disease can lead to serious health complications in addition to damage relationships, careers and emotional stability. Alcoholism is not dependent on the type of alcohol, length of drinking habit or the amount that is consumed, but rather the dependence on the liquid substance. When the desire to drink becomes a constant uncontrollable need, there is a strong concern for being an alcoholic. Willpower is not enough for the alcoholic to turn down a drink, but the need for it becomes the focus of life. Although people can overcome the disease on their own, more often than not formal treatment is required.

The health issues that coincide with alcoholism create a long list and high concern. Health impairments include:

- Dementia, stroke and neuropathy
- Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension
- Psychiatric problems, including depression, anxiety, and suicide
- Social problems, including unemployment, lost productivity, family problems, violence including child maltreatment, fights and homicide
- Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns and firearm injuries.
- Increased risk for many kinds of cancers, including liver, mouth, throat, larynx (voice box) and esophagus
- Liver diseases, including fatty liver, alcoholic hepatitis, cirrhosis
- Gastrointestinal problems, including pancreatitis and gastritis

April is Alcohol Awareness Month, which was established in 1987 by National Council on Alcohol and Drug Dependence (NCADD). The goal of NCADD is to increase awareness and decrease the stigma associated with the disease. They are spreading information throughout communities about alcohol, alcoholism and recovery. This month is a focused time to encourage people to seek treatment if needed and decrease any barriers that prevent people from doing so. Keep your eyes out for more information from NCADD through media strategies, awareness campaigns, programs and other local community events. A major event that is part of Alcohol Awareness Month is Alcohol-Free weekend (April 1-3). This event is open to everyone in the public to encourage people to refrain from drinking alcohol for three days. The purpose of the weekend is to raise awareness about the effects and dangers of alcohol. If this experience is difficult for you or anyone around you, please contact local NCADD organizations or Alcoholics Anonymous (AA) to seek help.

This information is provided to you through NCADD.ORG.

Kelsey Spotts- Wellness Program Coordinator

The Kiosk for Living Well

We made it through winter pretty easily this year and now it's officially spring. Come celebrate all that's new and fresh at the Kiosk for Living Well!

You can meet with The **Million Hearts Nurses** and our **Community Health Workers Tuesday Tuesday April 12 and Thursday April 28th** from **9:30-11:30**. They're there to answer questions, provide guidance and check your progress!

Want to put some spring in your step? Sylvia, our **Balance and Falls Prevention Specialist** will be at the Kiosk on **Thursday April 7th** from **9:00-11:30**.

Ask the Kiosk specialists about the many success stories they've witnessed. Yours could be one of them!

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.

Kiosk Exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30pm.

APRIL

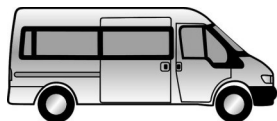
A S P E S R F I L S H O W
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 Bunny
 Butterfly
 Daisy
 Diamond
 Earth
 Easter

Eggs
 Fool
 Galoshes
 Grass
 Grow
 Rain
 Sunshine
 Taurus
 Taxes
 Umbrella



Opening for a VOLUNTEER DRIVER



Love to Drive? Enjoy socializing? Looking to get out more?



We're looking for a volunteer driver to drive our seniors on field trips or lunch trips. Most trips are morning to mid afternoon. A few times a year we do special night trips. We provide easy safety training. You must have a clean CORI and decent driving record.

What do you get besides time with us? Lunch!

If interested, or have any questions, please call Pam at 781-586-8618.

Announcing... The Kiosk Chronicles

A new series featuring The Kiosk for Living Well and related programming. It is scheduled to begin airing on the new Lynn Community Television station in the coming weeks: Channels 3 and 22 (Comcast) and Channels 37 and 38 (Verizon).

Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Extra Help	Monthly In-come	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250

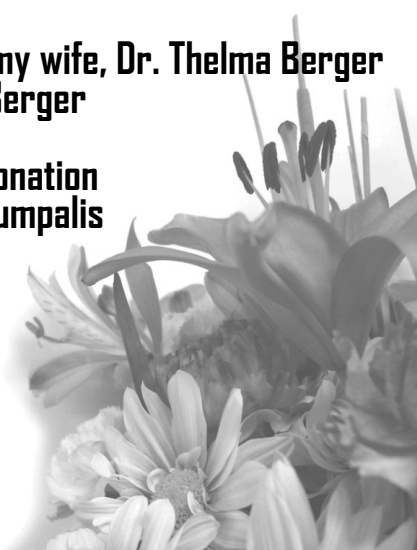
Social Security contact information: **1-800-772-1213** or apply online at www.socialsecurity.gov/extrahelp.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

*In
Loving
Memory*



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

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WEDNESDAYS
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WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

VETERANS COFFEE HOUR

April 7th

1:00 pm - 2:00 pm



PODIATRIST



April 7th & 28th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

April 12th

8:00 am - 9:30 am

note time change

Nurse available for any health questions.



HEARING CLINIC



May 3rd

10:00 am - 11:00 am

Please note that the hearing clinic is now every other month.

MASSAGE THERAPY

1:00 pm - 3:00 pm

Call for appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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